



## Oatmeal cookies with cranberries

Healthy and  
low-sodium snack

Recipe by



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### Did you know...



Eating less salt can help lower your blood pressure and, consequently, reduce your risk of kidney failure?

## Ingredients

100 grams oatmeal

6 medjoul dates

100 grams dried cranberries

1 teaspoon cinnamon

50 grams unsalted butter

## Preparation

1. Preheat the oven at 180 degrees Celsius.
2. Mix all of the ingredients in a food processor or blender until a crumbly mixture forms.
3. Roll 12 balls from the mixture and place them on baking paper on an oven tray.
4. Slightly press down on the balls to give them a cookie shape, or use a cookie cutter.
5. Place the cookies into the oven for 10 minutes. Keep an eye on them!
6. Take the cookies out of the oven and let them cool down properly
7. Enjoy!